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NEW

THE HOME PHYSICIAN,

A

PRACTICAL MEDICAL BOOK

DESIGNED AND PREPARED ESPECIALLY FOR FAMILY USE

BY

M. E. DOOLITTLE, M.D.

~~~~~  
**Household Edition,**

Including a brief but complete section on Diseases of  
Women and Surgery.

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BY

M. E. DOOLITTLE, M.D.

To My Sister.

This Book is Affectionately Dedicated by the
Author.

INTRODUCTION.

In presenting this work to the people it has been the aim of the author to give a clear and concise description of each disease with the proper and specific treatment thereof.

All scientific terms will be omitted in order to make the book as plain and simple as possible.

We believe just such a work is needed, and consequently make no apology for the shortcomings of this little book. We only hope that in the main, experiment will prove the correctness of its statements,

If it serves the purpose of stimulating investigation and thought, and is a practical help, the writer will be fully compensated for the labor.

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I.

SPECIAL DISEASES.

SIMPLE FEVER.

A continued fever of short duration, mild in character, and rarely fatal. Due to fatigue, or exposure to great heat or cold.

Symptoms. A feeling of lassitude followed by a chill or chilliness, rapid rise of temperature, quick pulse, headache, thirst, coated tongue, costive bowels.

Duration, from one to seven days.

Treatment. Give an active cathartic to thoroughly act on the bowels.

Aconite for the fever: for an adult, ten drops to a glass of water, teaspoonful every hour; for a child, five drops to a glass of water, teaspoonful every hour.

CATARRHAL FEVER, INFLUENZA.

An epidemic, cause unknown.

Symptoms. Chill, followed by fever, high temperature, quick pulse, shooting pains in the eyes, joints and muscles, chilliness along the spine, pain in the throat, hoarseness, sneezing, watery eyes, sometimes nausea and vomiting, patient feels very weak.

Duration, about a week.

Treatment. Have your druggist prepare the following :

Tinct. chloride of iron, two drams.

Chlorate potash, two drams.

Glycerine, one ounce.

Water, to make four ounces.

Take a teaspoonful every hour, through a glass tube.

TYPHOID FEVER.

An acute self-limited disease.

Symptoms. High temperature, head-

ache, disordered digestion, disturbed sleep and muscular weakness, followed by a chill or chilliness.

Duration, about six weeks, although the fever is nearly gone at end of fourth week. Diarrhœa is the principal symptom, if absent the lesion is slight. The stools are at first dark, but early in the second week, they become fluid and offensive, yellow in color streaked with blood. They number from four to twelve in twenty four hours. An eruption is present, consisting of rose-colored spots, and is found on the abdomen. There is headache, drowsiness and stupor, with intense prostration. Delirium is usually present. Intestinal hemorrhage is most frequent and the most critical of the many complications. Relapses are common.

Treatment. Sponge the body every two hours with alcohol and water, the bath water to be blood warm. Put the patient on a milk diet at once, no solid food must be allowed under six weeks, avoid moving

about on account of hemorrhage. Give a glass of milk with a teaspoonful of brandy added every three hours. Give a teaspoonful of liquor potassii citratis, every hour.

TYPHUS FEVER.

Symptoms. Onset sudden with chill followed by violent fever and high temperature, bounding pulse, severe headache and delirium. From fifth to seventh day an eruption appears which looks like measles. Mottled skin all over the body except the face, eruption disappears on pressure. Bowels constipated. At end of second week, fever disappears and patient recovers rapidly.

Treatment. Sponge with warm water and alcohol every two hours. Give an active cathartic, two tablespoonfuls of castor oil. Apply cold to the head for the headache, and give a tablespoonful of whiskey and quinine every hour put up by your druggist as follows :

Whiskey, one pint.
Quinine, one dram.

BILIOUS FEVER.

Symptoms. Onset sudden, with fever, weak pulse, headache, stomach sickness, and vomiting. There is pain in the limbs and muscles, with a feeling of fulness in the right and left side due to a swollen liver. Jaundice is frequently present. Fever usually ends on seventh day, when a slow convalescence begins. There is no eruption.

Treatment. Have your druggist prepare the following:

Leptandrin,	twenty grains.
Podophyllin,	ten grains.

Make into twenty pills and take one pill every night on going to bed. For the pain take a ten grain Dover's powder. Keep the patient warm with hot bottles.

MALARIAL FEVER. CHILLS.

There are three stages, hot, cold and sweating.

Symptoms. Begins with a tired feeling followed by headache and stomach sickness. The patient has a chill, teeth chatter, skin is pale, nails and lips blue. This continues for about half an hour when the hot stage begins. Patient becomes hot and flushed, has intense thirst and dry skin. This lasts from one to eight hours, when the sweating stage begins.

Treatment. Take an active cathartic, and a teaspoonful of Huxam's tincture three times a day until free from the attack.

CONGESTIVE FEVER.

Symptoms. Stomach sickness, vomiting and purging. Discharges mixed with blood, burning heat in the stomach and great thirst, face, hands, and feet cold, pulse weak. There is great depression and weakness, stomach and bowels sore to the touch.

Attack lasts from one to several hours or days.

Treatment. Keep the patient warm with hot water bottles. Rub the stomach and bowels with wintergreen oil and cover with cotton batting. For pain give a morphine pill, $\frac{1}{6}$ of a grain.

CEREBRO SPINAL MENINGITIS.

Symptoms. Begins with a chill and severe headache. There is nausea, vomiting, dizziness and intense weakness. Muscles of the back and neck become stiff and sore, which causes severe pain when patient moves the head. About the fifth day an eruption appears. There is high temperature, rapid pulse and cramping of the legs and arms. Eyes cannot bear the light, sense of taste and smell is lost. After eight days patient improves or passes into stupor and dies.

Treatment. Bathe the head, neck and spine with liquid menthol. Give an active cathartic to act quickly on the bowels (tablespoonful castor oil). The proper med-

icine is aconite, ten drops to a glass of water. Give a teaspoonful every hour and apply *tar* plaster at base of brain.

YELLOW FEVER.

Symptoms. First stage begins with headache and a feeling of intense weariness. Sometimes begins with a chill followed by high fever. Pulse is strong, eyes bright, face flushed, and there is pain in the head and limbs, also in the back. Patient is restless and anxious, with great prostration. During second stage temperature declines and symptoms improve. Third stage may be a relapse to symptoms of first stage, the skin becomes dark, there is black vomit and hemorrhage from other parts. Pulse is weak, skin cold, breathing labored and irregular, finally death occurs from exhaustion.

Treatment. Give castor oil to regulate the bowels. Add twenty drops tincture *veratrum viride* to a glass of water and give

a teaspoonful every hour. Sponge often with alcohol and water ; for drink, lemonade.

SCARLET FEVER.

Symptoms. Begins with a chill and is followed by vomiting, severe pain in the throat and eyes, also severe headache. There is high fever and rapid pulse, at the end of twenty-four hours a bright scarlet eruption appears on neck and chest and finally spreads over the entire body. Patient is troubled to swallow and suffers from burning heat. There may be diarrhœa. On fourth or fifth day fever declines, and on the seventh or eighth day desquamation (scaling) begins. In severe cases the throat ulcerates and there may be convulsions and delirium.

Treatment. Give aconite, five drops to a glass of water, teaspoonful every hour. Rub surface of body with carbolic ointment and apply salt pork to outside of throat. For the bowels take teaspoonful of castor oil,

NEURALGIC FEVER.

(Broken Bone Fever.)

Symptoms. Severe headache, burning pain in the temples, backache, pain and swelling of the joints, stomach sickness and vomiting. Constipation is the rule. On second day a rash appears resembling scarletina.

Duration of disease about eight days. Disease not common.

Treatment. Give a quick-acting cathartic. Castor oil, a tablespoonful. Give Huxam's tincture, a teaspoonful three times a day until patient recovers.

CHICKEN POX.

A mild contagious disease.

Symptoms. Sore throat, headache, inflamed eyes. Eruption appears with other symptoms. Eruption looks like blisters filled with water. Seen most on body, face and neck, as the old pustules dry up new ones appear.

Duration of attack about a week.

Not dangerous. Constipation is always present.

Treatment. Give a cup of senna tea. Also the following will be beneficial,

Tincture chloride of iron, two drams.

Chlorate potash, one dram.

Glycerine, one ounce.

Water enough to make four ounces.

Teaspoonful every two hours.

SMALL POX.

A contagious disease.

Symptoms. Pain in the back and limbs, followed by chills and vomiting, with shooting pains all over the body. There is high fever, rapid pulse, and watery bloodshot eyes. Intense headache, with sleeplessness. During third day eruption appears on the forehead and lips, consisting of red coarse spots. After eruption appears patient feels better. Gradually these red spots fill and

become pustules. About ninth day they are surrounded by a red ring or halo. The face now becomes swollen and angry looking. About eleventh day pus oozes from the pustules and the scab forms. About twenty-fourth day it drops off. A critical period is when the pustules form. The patient may then be delirious. If patient passes this point, convalescence is soon established. To prevent pitting use carbolic ointment.

Treatment. Half a glass of cream tartar water every half hour, made by dissolving two ounces of cream tartar in a quart of hot water. Sponge, with warm water twice a day, keep the patient clean. Give generous diet and lemonade for drink.

VACCINATION.

This should be performed at least three times in every person's life.

In vaccinating scrape the skin, until it is ready to bleed and then brush the virus

over the abraded surface. If the vaccination takes, a papule will appear on the third day.

About the fourteenth day, the scab will be formed and will drop off in a week.

Vaccination usually affects the patient more or less unpleasantly.

MEASLES.

Symptoms. Begins gradually with chills, some fever, headache, watery eyes, cold in the head, catarrh and cough. On fourth day, eruption appears on the face, soon spreading over entire body in the form of dots slightly raised and very red. With the appearance of the eruption there is more fever and the catarrh increases. The discharges are now thick and yellow instead of watery. About the ninth day eruption fades. Cough and catarrh may remain for some time.

Treatment. Give a mild laxative to regulate the bowels, and aconite five drops

to a glass of water. A teaspoonful every hour. Mild cases need no medicine.

GERMAN MEASLES.

This disease is known as false measles.

Symptoms. Cough, sore throat, watery eyes and headache. The glands of the neck are enlarged. From first to fourth day a rose-colored eruption appears. Spots size of a pin head, slightly elevated. These spots combine and form irregular shaped patches, fading on upper part of body while just appearing on the lower part.

Treatment. Give a mild laxative. Syrup of figs is good, a tablespoonful before breakfast. Aconite for fever, five drops to a glass of water. Give a teaspoonful every hour. Sponge with vinegar and water for the itching.

ERYSIPELAS.

An acute inflammatory disease.

Symptoms. Begins with a feeling of

heat, burning and tingling in the part affected. There is swelling and the skin has a red shiny appearance. Patient has fever but feels chilly. Pulse rapid, tongue coated, severe pain in the limbs. Also stomach sickness and vomiting. It usually appears about the face and head, but may come on any part of the body.

Treatment. Get a ten per cent. solution of ichthyol collodion and apply direct to the skin where it is inflamed. This will prevent spreading. Then take ten drops tincture chloride of iron in a little water four times a day. Take through a glass tube to protect the teeth.

ULCERATION OF THE MOUTH.

Symptoms. Begins with swelling of the gums and tongue. White spots may be seen on gums and roof of mouth. There is fever and quick pulse.

Treatment. Use a gargle made from powdered burned alum. See that the

bowels are active and move freely. Take ten drops tincture chloride of iron, in a little water three times a day. Take through a glass tube.

GASTRIC ULCER.

Ulcer of the Stomach.

Symptoms. Pain constant at pit of stomach, increased on taking food, especially if of an irritating kind. Pain of a burning, gnawing character. Tenderness at one or more places extending from front to back. Vomiting comes on after eating, sometimes vomited matter contains blood.

Treatment. Rest, with opium pellets for the pain. For the ulcer, take liquor potassii arsenitis, two drops every three hours in a little water.

CATARRH OF THE STOMACH.

Caused by a deficiency in quantity of the gastric juice.

Symptoms. Loss of appetite, some fever, stomach sickness, with occasional vomiting, dizziness, and an irregular condition of the bowels. At times there is disgust for food, headache, thirst, with flashes of heat. Digestion is imperfect, giving rise to pain and tenderness. Tongue is coated, breath bad, stomach sour, mucous and bile occasionally coming up.

Treatment. Make the bowels move regularly every day and have your druggist prepare the following.

Tincture cinchona comp. $3\frac{1}{2}$ ounces.

Gentian, " "

Nux vomica, half an ounce.

Glycerine, half an ounce.

Take teaspoonful in a little water after eating.

CHRONIC GASTRIC CATARRH.

Drunkard's dyspepsia.

Repeated attacks are due to the habitual use of spirituous liquors or to malaria.

Symptoms. Loss of appetite, a gnawing feeling in the stomach, tenderness, and distension by gasses, vomiting of mucous, great thirst, dizziness and mental depression. There is also loss of flesh.

Treatment. Avoid all fatty foods. See that the bowels move freely every day. Take a teaspoonful of the bicarbonate of soda in warm water before breakfast.

ACUTE GASTRITIS.

An inflammation of the coats of the stomach, with loss of tissue. Due to some form of poison having been swallowed.

Symptoms. Intense nausea, with rapid and persistent vomiting, ejected matter streaked with blood, rapid pulse, cold sweat, slow and labored breathing. There is great thirst, with burning in the throat and stomach.

Treatment. Give an emetic at once, to cause the patient to vomit freely in order to

get as much of the poison as possible out of the stomach. Then give plenty of milk. Ice both internally and externally is grateful and cools the surface. It is important to know the kind of poison swallowed in order that the proper antidote may be given.

COLIC.

Symptoms. Pain, tearing and cutting, surface cold, features pinched, pulse weak. There is stomach sickness and vomiting, with desire for stool.

Duration from several minutes to several hours.

Attacks cease suddenly.

Treatment.

Fluid extract opium, one ounce.

Spirits camphor, one dram.

Tincture rheubarb, one ounce.

Take half a teaspoonful on sugar every time the bowels move, and increase the dose with each movement. Dose for a child, five drops.

CONSTIPATION.

Symptoms. The bowels move only once in three or four days. Normal condition, one stool every day. The face is flushed, veins full. Sometimes there is one small movement, causing great pain.

Treatment. Have a regular hour for going to stool. Eat all the fruit possible. Have your druggist put up the following in pill form.

Extract nux vomica, half a grain.

Extract belladonna, half a grain.

Aloes, one grain.

Rheubarb, one grain.

Take one pill every night for a week. Second week take one every other night. Then as needed.

CHRONIC DIARRHŒA.

Symptoms. A few hours after eating colicky pains, with desire for stool. There may be nausea, coated tongue and vomiting.

Pain is relieved when bowels move. Offensive odor always present. Discharges thin and watery.

Treatment. Get a dozen podophyllin pills containing a grain and a half each. Take one pill night and morning, or every time the bowels move. About six pills will cure.

ACUTE DIARRHŒA.

Symptoms. Begins with languor followed by chills and fever, pains colicky and sharp. There is great tenderness and soreness, with watery stools. There is loss of appetite and weakness.

Treatment. Have your druggist put up:

Fluid extract opium,	one ounce.
Spirits camphor,	one dram.
Tinct. rheubarb,	one ounce.

Take half a teaspoonful on sugar every time the bowels move.

CANCER OF THE STOMACH.

A peculiar malignant growth.

Symptoms. Marked acidity of the stomach with an accumulation of gas and bad breath. In most cases there is vomiting immediately after eating, the rejected matter consisting of partially digested food. The pain is constant, dull, heavy, and increased on pressure. Patient is pale and thin. There is swelling of the ankles. In many cases the tumor can be located from the outside.

Duration of disease about one year.

Treatment. Not curative. For pain morphine pill $\frac{1}{6}$ of a grain. Avoid all stimulants as they only irritate. Laudanum applied externally is soothing.

GASTRIC HEMORRHAGE.

Hemorrhage of the stomach.

Cause, due to cancer, ulcer, malaria, or congestion of liver.

Symptoms. Pain and vomiting of blood very dark in color. Faintness and a sinking sensation.

Treatment. Rest in bed. Ice internally, and cold, wet cloths over stomach. For pain, one-sixth of a grain of morphine, may be repeated in three hours if needed. Avoid all solid food and all food for some days. Let stomach rest. Nourish through rectum with beef tea and milk. Give two ounces four times a day.

GASTRALGIA.

Neuralgia of the stomach.

Cause. Painful condition of the sensory nerves.

Symptoms. Sudden spasm of pain, griping, a feeling of faintness, cold hands and feet, chills.

Treatment. One sixth of a grain of morphine for pain. Apply cloths to the stomach, wrung out of very hot water and

alcohol. Place hot water bottles about the patient. Nothing is so effective as heat in this trouble. For permanent treatment, give five drops of tincture nux vomica in a little water after meals. Avoid all fatty and sweet food.

DYSPEPSIA, INDIGESTION.

Cause, difficult to name.

Symptoms. Poor appetite, a feeling of weight and fullness in the stomach. Gas is generated and there is heartburn, with pain and tenderness at the pit of the stomach. Tongue is broad and flabby. There is headache and poor memory. In some cases palpitation of the heart and sleeplessness.

Treatment. Avoid fatty foods. If possible rest a short time after meals. Before eating take the following :

Bismuth subnitrate, three grains.

Pepsin, two grains.

Take a powder before meals three times a

day. After eating take five drops of nux vomica in a little water.

OBSTRUCTION.

Cause, may be due to a tumor or to impacted food.

Symptoms. Abdomen is enlarged and apparently full of gas. There is vomiting of rejected food, and intense pain. Bowels are constipated, surface cold. Tumor can sometimes be appreciated from the outside.

Treatment. Give an enema of castor oil as warm as can be borne, about eight ounces. Opium for pain, one grain every hour for two hours. Give liquid nourishment often, milk, beef tea and whiskey.

II.

SPECIAL DISEASES.

APPENDICITIS.

Cause, cold, injury to the abdomen, or due to the presence of some foreign body, seeds or food, in the vermiform appendix, a worm like tube about the size of the little finger. Situated on the right side between the small and large intestine.

Symptoms. Intense pain extending from back to groin, also tenderness.

Treatment. Rub the bowels with wintergreen oil and cover with cotton batting. Have your druggist prepare the following:

Tincture chloride of iron, two drams.

Chlorate potash, two drams.

Glycerine, one ounce.

Take a teaspoonful every hour ; consult a surgeon at once. An operation is considered the best treatment by many physicians.

INTESTINAL OBSTRUCTION.

Cause, twisting or narrowing of the intestines. Perhaps due to hernia. But most common cause is invagination, the slipping of one part of the intestine into another.

Symptoms. May be sudden or gradual. First colicky pains, constipation, soreness and distention of the abdomen. After a time pains become violent and unbearable. —Eyes are sunken, pulse quick and feeble. Skin cold. This lasts for a week or ten days when patient recovers or dies from weakness.

Treatment. Do not give purgatives as this only increases pain. Inject as much hot water as you can into the bowels. If this does no good try warm oil, $\frac{1}{6}$ grain morphine for pain. Send for a surgeon.

CHOLERA MORBUS.

A disease of summer caused, by some irritant being taken into the stomach, such as unripe fruit or vegetables.

Symptoms. Patient feels sick at the stomach, then vomiting and purging, with chills. There is thirst but when drink is given it is rejected. Attacks last from a few hours to a day or two, and leave the patient sore and weak. Bowels may be irritable for a week.

Treatment.

Extract of opium, one ounce.

Spirits of camphor, one dram.

Tincture rhubarb, one ounce.

Take half a teaspoonful on sugar every time the bowels move. For a child give ten drops.

ACUTE DYSENTERY.

An acute inflammation of the large intestine, due to hot days and cold nights.

Symptoms. Loss of appetite, colicky pains, diarrhoea, nausea, some fever and pain on pressure, with vomiting and desire for stool.

Treatment.

Extract opium, one ounce.

Spirits camphor, two drams.

Tincture rheubarb, one ounce.

Take thirty drops on sugar and repeat every time the bowels move.

For a child, dose ten drops.

CHOLERA INFANTUM.

Disease of childhood.

Symptoms. Chill, fever, colicky pains and purging.

Treatment. Give a teaspoonful of camphor water every fifteen minutes prepared as follows :

To one glass of hot water add fifteen drops of spirits of camphor.

TAPEWORM.

Symptoms. Colicky pains, a very large appetite, disordered digestion, constipation. Patient is poor in flesh and usually has palpitation of the heart.

Treatment. First a good purgative to act on the bowels, with a milk diet for two days before beginning the treatment.

Chloroform, one teaspoonful.

Extract aspidii, one teaspoonful.

Emulsion castor oil, three ounces.

Take all at one dose, early in the morning, and take no food until after thorough action of the bowels.

ROUND WORMS.

The most common of intestinal parasites.

Symptoms. Picking the nose, bad breath, colicky pains, disturbed sleep, nausea and sometimes vomiting.

Treatment. Give two table spoonfuls of the syrup of rheubarb, at night, and two

ounces of castor oil in the morning before breakfast. Eat nothing until after bowels move and relief will be obtained.

PERITONITIS.

An inflammation of the peritoneum—the lining of the abdominal cavity.

Symptoms. Intense pain, tenderness, vomiting and great prostration; may be confined to one point or may be general. Abdomen is enlarged and hard from constipation, appetite is poor and patient is troubled with hiccough.

Duration of disease six to eight days, when a tedious convalescence begins; or, pain and tenderness grow worse, strength fails, surface becomes cold, face anxious, with sunken eyes, and death soon follows.

Treatment. Cover the abdomen with hot flaxseed poultices, and change them every hour. Cover the poultices with cotton batting to keep the heat in. Give a Dover's powder, for pain, and repeat in an hour if

necessary. Give an enema of soap and hot water to clear the lower bowel. Give two tablespoonfuls of the tincture of rhubarb to move the bowels—and aconite every hour, two drops. After three or four days, remove the poultices and apply a ten per cent. belladonna ointment keep the cotton on until patient has recovered.

DROPSY.

A collection of fluid in the abdominal or peritoneal cavity, characterized by swelling, and embarrassed breathing. There is usually constipation and scanty urine.

Treatment. Take three compound cathartic pills every other night, and one-half teaspoonful of extract of wintergreen, in water, three times a day. This will carry off the water and the patient will be comfortable.

JAUNDICE.

An acute inflammation of the bile ducts

characterized by derangement of the stomach, yellow skin, itching, feverishness and mental depression.

Symptoms. Coated tongue, impaired appetite, constipation, urine heavy and dark.

Duration, from three to seven days, after jaundice appears.

Treatment. Inject a large quantity of hot water into the bowels morning and night. This will remove the obstruction of the ducts. Avoid fatty or sweet foods. Take the following pill:

Podaphyllin, twelve grains.

Colocynthis, twelve grains.

Have made into twelve pills, and take one pill every night.

GALL STONES.

Symptoms. Begins suddenly. At the moment the stone passes from the gall bladder into the cyst duct, patient is seized

with an agonizing pain in region of gall bladder, spreading over the abdomen, right chest and shoulder. Abdominal muscles are cramped and very tender. There is nausea, vomiting, weak pulse and cool skin. Patient is pale and anxious and may have fainting spells, with chills.

Treatment. Give a morphine pill, one sixth of a grain, and repeat in an hour if necessary. Place bottles of hot water all about the patient, and put flannels wrung out of hot alcohol and water, on the abdomen.

CONGESTION OF LIVER.

An abnormal fullness and enlargement of the liver.

Symptoms. Severe pain, aching of limbs, headache, feverishness and yellow tongue, disgust for food, nausea, vomiting, constipation, with high colored urine. Soreness on right side extending to the

shoulder. Eyes yellow, jaundice, complexion muddy.

Duration, about three weeks.

Treatment. Take a tablespoonful of the tincture of rhubarb every night before going to bed, and a teaspoonful of bicarbonate of soda in half a glass of water three times a day.

ABSCESS OF LIVER.

Symptoms. Very obscure. Some fever, debility and irritability of the nervous system, slight jaundice, constipation, with light colored stools. If abscess is near the outside, there will be throbbing and pulsation, with great tenderness.

Treatment. Abscess will have to be opened, if external. For tonic, take two grains of quinine in the morning and a tablespoonful of whiskey three times a day. After eating give a tablespoonful of beef, iron and wine.

CANCER OF THE LIVER.

A new growth destroying the tissues.

Symptoms. Disordered digestion, emaciation, yellow skin, dropsy, pain and uneasiness. The blood is poor, skin cold, hard and dry, with pinched features. Not curable.

Treatment. Take morphine to control the pain (one sixth of a grain.) Give stimulants and tonics to keep up the strength, and make the patient as comfortable as possible.

CONGESTION OF THE KIDNEYS.

Due to an increase of blood in the kidney.

Cause. Usually due to cold, or to some irritant or injury.

Symptoms. Pain over kidney, irritable bladder, with almost constant desire to pass urine, which is scanty and high colored.

There is headache, nausea and vomiting, with a general feeling of discomfort.

Treatment. Rest in bed. Rub the sore places with wintergreen oil. Cover with flannel and cotton batting. See that the bowels move every day. Give a teaspoonful of the infusum of digitalis, three times a day, in a little water.

ACUTE BRIGHT'S DISEASE.

Symptoms. Fever, high colored urine (smoky), dropsy, dull pain over kidneys, frequent desire to pass water, diarrhœa, dry skin, pulse quick and full, dropsy about the eyes, face puffy. Patient is pale and debilitated.

Duration from one to four weeks.

Treatment. Rest in bed, with liquid diet, milk, beef tea, gruels. Take a tablespoonful of tincture of rhubarb at night and a teaspoonful of Basham's mixture in a little water four times a day.

CHRONIC BRIGHT'S DISEASE.

Symptoms. Begins gradually. Dropsy first symptom, under the eyes and about the face and finally all over the body. There is short breath, face pale, with headache, dizziness and poor sight. The bladder is irritable. There is also pain, bronchial catarrh, and husky voice.

Treatment. Absolute rest and the best of food necessary. Give a two grain quinine pill every morning and ten drops tincture chloride of iron. Drink milk, champagne and port wine.

ACUTE URÆMIA.

Symptoms. A convulsive attack followed by insensibility, headache, dimness of vision, dizziness, deafness, and usually a chill followed by fever. Disease is due to failure of the kidneys to perform their function, consequently the poisonous urea is retained.

Treatment. Move the bowels quickly by giving a cupful of the infusum of senna. Give five drops of dilute hydrochloric acid in a little water four times a day.

CATARRH OF THE BLADDER.

An inflammation of the mucous lining of the bladder, due to various causes.

Symptoms. Chills, fever, loss of appetite, depressed spirits, and a good deal of pain at times, sharp and agonizing with a burning sensation when passing urine.

Treatment. Rest is necessary; externally paint with iodine three times a week. Give the tincture of canibis indica, twenty drops in water three times a day.

MOVABLE KIDNEY.

A condition which causes the kidney to move about in the abdomen.

Symptoms. A heavy, dragging pain in

abdomen aggravated by walking or standing. Stomach is often disturbed, and occasionally the patient has hysteria.

Treatment. Wear an abdominal bandage; it will give support and comfort. Medicine does not reach the trouble. Never fatal.

MUMPS.

An inflammation and swelling of the parotid and other glands.

Symptoms. Pain, swelling, chills and fever, headache, quick pulse and stiffness at the angles of the jaw. Face swollen and red.

Treatment. Disease is self limited and will run a course.

Give to an adult, aconite, one drop every two hours, in a teaspoonful of water.

DIPHTHERIA.

Due to some poison, unknown.

Symptoms. Chills, fever, moderate

headache, appetite is poor, neck is stiff with tenderness about the angles of the jaw, tongue is coated and throat sore, patient has constant desire to clear the throat. On inspection fauces are seen to be red and swollen and more or less covered with patches. Throat is sore to touch. Duration of disease, from two to fourteen days.

Treatment. Give a tablespoonful of the tincture of rhubarb every night. Burn tar and turpentine in the room once a day. Apply lard and kerosene, equal parts, outside, and give the following:

Tincture chloride of iron, two drams.

Chlorate potash, two drams.

Glycerine, one ounce.

Water to make four ounces.

Take a teaspoonful every hour through a glass tube.

INFLAMMATORY RHEUMATISM.

Symptoms. Pain, fever, swelling, and

inflammation of the part, poor appetite, thirst, constipation, sleep is broken by pain, skin is often covered with an eruption.

Duration about six weeks.

Treatment. Take oil of wintergreen in capsules, ten drops to each capsule, one to be taken every three hours. When pain and swelling subside stop. Protect the part from the air. Externally use alcohol and cover the part with flannel or cotton bathing.

MUSCULAR RHEUMATISM.

Symptoms. Acute pain, with stiffness and tenderness and difficulty of movement. Pain more marked in damp weather ; any of the muscles may be affected.

Treatment. Take bromide of litheum, twenty grains three times a day, in pill form. Take ten drops of oil of wintergreen in capsule once a day for two weeks.

GOUT.

Symptoms. Begins with a sharp, sudden spasm of pain in one of the joints. Usually in great toe, which becomes red and swollen. Symptoms that precede an attack are constipation, headache, dyspepsia and lassitude. Attacks begin in the night.

Treatment. Give one-sixth of a grain of morphine for the pain, and repeat in an hour if necessary. Give two grains of quinine every morning, and ten drops of wintergreen oil in capsules, every three hours, for pain. After attack give three compound cathartic pills to move the bowels.

DIABETES.

A chronic affection characterized by the presence of grape sugar in the urine.

Symptoms. Frequent desire to pass urine. Urine increased in quantity. Sometimes from two to twenty pints are passed in the twenty-four hours. Thirst is con-

stant, mouth is dry. There is a large appetite or not any. The tongue is red, irritable and cracked. Patient is weak, with pain and soreness in the limbs and countenance worn and thin.

Treatment. Avoid sweet and starchy foods; main diet should be meat, fish, milk, eggs, tea and coffee (no sugar). Give a two grain pill of the carbonate of ammonia each day.

DIABETES INSIPIDUS.

Symptoms. There is a discharge of pale, watery urine, probably due to nervousness. There is headache, poor memory, thirst and constipation.

Treatment. Take a teaspoonful of the tincture of valerian in a little water on going to bed. For constipation take a tablespoonful of tincture of rheubarb every morning.

TRICHINÆ.

A parasite supposed to come from pork imperfectly cooked.

Symptoms. Muscular soreness, irritation of the stomach, low fever. There is nausea and vomiting, with a watery diarrhœa.

Treatment. The preventive treatment consists in eating no pork. Take two grains of quinine after each meal. Take all the food and tonics possible, beef, iron and wine, and whiskey every two hours.

ACUTE NASAL CATARRH.

Symptoms. Headache, feverishness with sore throat, sneezing and watery eyes, and fullness in the head.

Duration about a week.

Treatment. When cold first appears take twelve grains of quinine and a bowl of hot lemonade, and go to bed. Next day take three grains of quinine and continue this for a week. If taken in time cold can be broken in this way.

CHRONIC CATARRH.

A chronic inflammation of the mucous membrane.

Symptoms. Loss of smell and hearing, with a feeling of fullness in the head and in the nose. Breath is bad with an accumulation of mucus. There is headache and congestion.

Treatment. Permanent cure difficult and seldom attained. The oil of eucalyptus, a few drops kept on the handkerchief and inhaled, is beneficial. Must be continued for six months.

ACUTE TONSILITIS.

An inflammation of one or both tonsils.

Symptoms. Throbbing pain in the throat, fever, difficulty in swallowing and breathing, with headache and a constant desire to clear the throat, due to the enlarged tonsils. An abscess forms and breaks, when the patient finds relief.

Duration three to seven days.

Treatment. Get from your druggist the following mixture :

Tinct. chloride of iron,	two drams.
Chlorate of potash,	two drams.
Glycerine,	one ounce.
Water to make,	four ounces.

Take a teaspoonful every hour through a glass tube. Eggs and port wine as a tonic, also whiskey in small doses to keep up the strength.

CATARRHAL LARYNGITIS.

An acute inflammation of the mucous membrane of the larynx.

Symptoms. Sore throat, fever, thick voice, difficult breathing, hoarseness and cough. Throat is raw and dry.

Treatment. Apply flannels wrung out of hot vinegar and water, equal parts. Take a tablespoonful of the syrup of rheubarb for the bowels, on going to bed, and ten drops tincture chloride of iron in a little water three times a day through a glass tube.

CROUP.

A disease of childhood; occurs usually at night.

Symptoms. An apparent feeling of suffocation, with a dry, harsh cough.

Treatment. Apply hot vinegar and water, equal parts, on flannel, to the chest and neck; change every five minutes. Give the patient all the melted butter that can be got down and prompt relief will follow.

SPASM OF THE GLOTTIS.

A temporary spasm of the muscles of the larynx, common in children. Due to teething.

Symptoms. Begins with a croupy cough, and usually occurs in the night. Air is shut off and nails and lips get blue. Attack lasts about half an hour and may return.

Treatment. Apply hot vinegar and water to the throat, and let the patient inhale a few drops of chloroform.

MEMBRANOUS CROUP.

An inflammation of the mucous membrane of the larynx. A disease of childhood; attack is usually preceded by an attack of common croup.

Symptoms. An acute catarrh, cough, thirst and fever, cough has the croupy ring, child is unable to lie down. A membrane forms the same as in diphtheria and croup is actually a mild form of the latter. The breathing becomes difficult and noisy, and the child gasps for breath.

Duration about one week.

Treatment. Get the following from your druggist :

Tincture chloride of iron, one dram.

Chlorate of potash, one dram.

Glycerine, one ounce.

Water to make, four ounces.

Teaspoonful every hour, through glass tube. Apply hot vinegar and water to the throat, on flannel.

ACUTE BRONCHITIS.

An acute inflammation of the bronchial tubes.

Symptoms. Pain, contraction of the chest, with fever and profuse expectoration. Patient has chills which are followed by flashes of heat. The whole body aches. There is headache, furred tongue, with tenderness over the chest, and cough from the beginning of the attack. Skin is hot and dry, appetite is poor.

Treatment. Apply wintergreen oil freely to the chest and cover with cotton-batting. Take tinct. lobelia, half a teaspoonful every three hours, in water. For the bowels, take at night a tablespoonful of the tincture of rheubarb.

CHRONIC BRONCHITIS.

A winter cough due to a chronic inflammation of the mucous membrane.

Symptoms. Cough and profuse expectoration. Patient is fairly well otherwise.

Treatment. Have your druggist mix the following :

Rum, one pint.

Blood root, two drams.

Take a teaspoonful six or eight times a day. Every morning take a teaspoonful of the syrup of rhubarb. Wear all wool flannels.

ASTHMA.

A nervous disease causing a spasm of the muscles of the diaphragm.

Symptoms. Difficult breathing, flushed face, eyes stare and balls protrude. Breathing wheezy, and patient gasps for breath. There is a cough, which finally becomes loose and the attack subsides.

Treatment. Keep a twenty per cent. solution of menthol on hand and when you feel an attack approaching inhale it. This

is an excellent preventive. Only a high, dry climate will cure.

HAY FEVER.

An inflammation of the air passages.

Symptoms. Cold in the head, watery eyes, with a wheezy cough, and sneezing. Breathing difficult. Disease is due to a nerve affection. Not dangerous.

Treatment. Electricity every day, for a time, will bring about a cure.

WHOOPIING COUGH.

Symptoms. First a cough, short, rapid breathing and finally the whoop. Cough is often so severe as to cause vomiting.

Treatment. Give a teaspoonful of the extract of chestnut every two hours.

III.

SPECIAL DISEASES.

CONGESTION OF THE LUNGS.

Symptoms. Pain in the chest, difficult breathing, flushed face, throbbing headache, full pulse. Eyes red and congested, short dry cough. Expectoration streaked with blood.

Treatment. Take a tablespoonful of castor oil to move the bowels. Apply wintergreen oil to the chest freely and cover the chest with cotton-batting. Give the tincture of lobelia, ten drops every hour. For tonic give two grains of quinine every morning; and beef iron and wine, a tablespoonful six times a day.

PNEUMONIA.

An acute inflammation of the lungs.

Symptoms. Begins with a chill, usually quite severe. Rapid pulse, embarrassed breathing and an irregular action of the heart. Breathing quick and short, cough is soon followed by a scanty frothy mucous, which becomes a brick red color. There is headache, flushed face, sleeplessness, and disturbed stomach. Prostration is very great. These symptoms continue until the seventh or ninth day when the crisis appears. After a day convalescence is established. Recovery from this time is rapid. Typhoid pneumonia is where the prostration is extreme, high temperature and delirium.

Treatment. Give a tablespoonful of castor oil the first three nights. Give the tincture of lobelia, twenty drops every hour, and five drops of *verratrum viride* every three hours. Apply flaxseed poultices to the chest and keep them warm. Keep the

patient quiet on account of blood clots.

For a child give the following :

Nitre, two drams.

Water, four ounces.

Give a teaspoonful every hour.

CAPILLARY BRONCHITIS.

An inflammation of the air passages of the lungs seen in children and old age.

Symptoms. Rapid laborious breathing, which is short and imperfect. Cough, short, dry, hacking, painful. Appetite, poor; more or less fever. Urine scanty and high colored, more or less perspiration.

Treatment. Have your druggist put up the following :

Chlorate potash, one dram.

Wine of ipecac, one dram.

Camphorated tincture of opium, four drams.

Syrup of scillæ, two drams.

Simple syrup to make, four ounces.

Take a teaspoonful every hour.

Camphorated oil for the chest.

CONSUMPTION.

(Tubercular Phthisis.)

This disease is characterized by loss of flesh, fever, dry and hacking cough. Short and difficult breathing, followed sooner or later by pain—sharp in character, felt below the collar bone. There are ulcers probably on one or both lungs. This disease if taken in season can be overcome. The most desirable thing of all is high, dry and pure air. Colorado or the Adirondacks are the best places in this country. The less medicine a patient takes the better, as it only upsets the stomach and does no good but much harm. Take tonics and build up the system in order to combat the waste that is going on. It is possible to build so rapidly that the repair exceeds the waste, then the patient gains. It is a fight between health and disease. Let the food consist of beef, mutton, fowl, fish, eggs and milk, also all kinds of fruits and vegetables.

Tonic Treatment. Give a fresh egg in port wine every morning. Beef, iron and wine a tablespoonful three times a day. Have your druggist prepare the following :

Rum, one pint.

Blood root, one dram.

Take a tablespoonful every two hours. Live out of doors. By following these directions a fair degree of health may be obtained.

GALLOPING CONSUMPTION.

(Acute Consumption.)

An acute affection, due to the rapid deposit of tubercles in the lungs and other parts of the body.

Symptoms. Begins with a chill without warning. There is fever, rapid pulse, hurried breathing, pain in the chest with cough, profuse perspiration, prostration and loss of flesh. Symptoms rapidly increasing, followed by headache, dizziness, sleeplessness and delirium. Death soon follows.

Duration about four weeks.

Treatment. Make the patient as comfortable as possible ; a cure or a stay of this disease is not possible. Give aconite, two drops every two hours. Milk and whiskey every hour. Beef tea, or champagne for a change.

PLEURISY.

(Stitch in the Side.)

An inflammation of the pleura (or lung sack.)

Symptoms. First a chill, followed by a sharp cutting pain in the side. Dry cough, short breath and fever, with great tenderness. Due to cold.

Treatment. Control the pain by giving a morphine pill, one-sixth of a grain ; repeat in half an hour if necessary. Two will be sufficient. Give aconite, two drops every two hours, in water ; tincture lobelia, half a teaspoonful every hour. For the bowels take a tablespoonful of the tincture of rhubarb, at once, and repeat if necessary. Externally, apply turpentine, vinegar

and molasses, equal parts, on flannel, and cover all with cotton-batting.

DROPSY OF THE PLEURA.

A collection of fluid in the pleural cavity.

Symptoms. No sign of inflammation, only difficult breathing and oppression.

Treatment. Fluid has to be removed by a surgeon.

PNEUMOTHORAX.

(Air in the Pleural Cavity.)

Due to some cause that produces perforation in the lung substance.

Symptoms. Sudden sharp pain in the side, difficult breathing, with symptoms of collapse. There are cold sweats followed by severe attacks of coughing. The affected side is enlarged.

Treatment. For pain, morphine pill containing one-sixth of a grain. Surgeon will have to operate.

ACUTE PERICARDITIS.

Inflammation of the pericardium.

Symptoms. Chills, fever, pain and pericardial distress. There is nausea, and vomiting, with great tenderness and cough. Heart is irritable.

Treatment. Apply flaxseed poultices to the chest. Give aconite, one drop every hour; and verratrum viride, five drops every two hours.

ENDOCARDITIS.

An acute inflammation of the serous membrane lining the heart.

Symptoms. Nausea, vomiting, with irritable heart. Usually follows rheumatism.

Duration, one to three weeks.

Treatment. Flaxseed poultices. Rest in bed. Aconite, two drops every two hours. Five drops of verratrum viride every two hours.

ACUTE MYOCARDITIS.

An inflammation of the muscular tissues of the heart.

Symptoms. Feeble circulation of the blood, slow heart action, with an irregular beat, surface cold. Symptoms of collapse.

Treatment. Perfect rest, good food and fresh air. Take beef, iron and wine, a tablespoonful four times a day, and a two grain quinine pill in the morning; eggs, milk and champagne.

DILATATION OF THE HEART.

Caused usually by over-exertion.

Symptoms. Poor circulation, weak pulse, fainting, cough and difficult breathing.

Treatment. Beef, iron and wine, a tablespoonful six times a day. Two grains of quinine every morning. Milk punch, eggs, and best of food. Out door air.

PALPITATION OF THE HEART.

(Irritable Heart.)

Symptoms. A sense of choking or fullness in the throat. Recumbent position impossible. Face is pale or flushed ; there is faintness and dizziness. Face wears an anxious expression. There is a fear of sudden death.

Treatment. Take five drops of the tincture of strophonthus, in water three times a day, after meals.

NEURALGIA OF THE HEART.

Symptoms. Sharp cardiac pain. Patient usually sits up in bed and with a cry indicates the sense of pain, which is intense. The chest is fixed, breathing quick, face is of a pale leaden color. A cold sweat breaks out on the forehead ; there is a feeling of sickness and depression.

Treatment. Give five drops of the tincture of strophonthus in water three times a

day. For the attacks inhale a twenty per cent. solution of menthol.

CONGESTION OF THE BRAIN.

Symptoms. Rush of blood to the head, more marked when lying down. There is headache, neuralgic pain, disordered vision. Face is red and eyes are congested, sleep is impossible. If attack be sudden there may be unconsciousness.

Treatment. Elevate the head, apply cold cloths or an ice cap; at the same time apply heat to the feet. Apply a mustard paste at the base of the brain. Give an enema of warm soap-suds, and also two drops of aconite in water every two hours.

CEREBRAL ANÆMIA.

A decrease of the quantity of blood in the vessels of the brain.

Symptoms. Headache, dizziness, fainting, which is relieved by the recumbent position.

Treatment. Rest in bed. Two grains of quinine every morning. Egg in port wine in the forenoon. Good food, beef, fowl, eggs, fruit—and milk.

CEREBRAL EMBOLISM.

A stoppage of one or more of the vessels of the brain.

Symptoms. Two modes of onset, sudden, and gradual. There is persistent headache and dizziness. Patient is irritable and despondent. There is impaired sight, speech and memory. May be muscular-weakness and paralysis.

Treatment. Tonics; beef, iron and wine. Milk, eggs, beef, fowl and fish. Bowels must be kept active.

SICK HEADACHE.

Symptoms. Headache, stomach sickness and vomiting.

Treatment. For the bowels three compound cathartic pills.

For permanent treatment have your druggist prepare the following :

Tincture cinchona comp. $3\frac{1}{2}$ ounces.

Gentian, $3\frac{1}{2}$ ounces.

Nux Vomica, $\frac{1}{2}$ ounce.

Glycerine, $\frac{1}{2}$ ounce.

Take a teaspoonful in water after eating.

HIVES.

An inflammation of the skin.

Symptoms. Red spots upon the skin which smart, and fire, with a stinging, tingling sensation.

Treatment. Bathe in soda water. Take half a teaspoonful of cream-tartar in half a glass of water night and morning. Dust with carbolated talcum powder after bathing.

APOPLEXY.

Due to a sudden rupture of a blood vessel of the brain and an escape of blood into surrounding parts.

Symptoms. Sudden unconsciousness, noisy breathing and relaxation of the muscles. Before attack patient has headache, dizziness, blindness and deafness, with the dread of an attack.

Treatment. Cold applications to the head. Rest and quiet necessary. Apply heat to the feet, and keep the patient on the side. As soon as consciousness returns give two drops of aconite in a teaspoonful of water, every two hours.

Give electricity every day.

LEPROSY.

A chronic affection of the skin, not common in this country.

Symptoms. A small reddish spot appears the size of a pin head. These spots in-

crease in size, forming patches of various sizes and shapes; spots are covered with scales. Skin between the patches is healthy and the only disagreeable symptom is the itching.

Treatment. Give five drops of Fowler's solution, three times a day, in a little water.

APHASIA.

(Loss of Voice.)

Inability to speak or to give utterance to ideas, loss of memory of words.

Treatment. Electricity.

DIZZINESS—VERTIGO.

Symptoms. Sensation of objects moving about, patient may fall. Usually there is stomach sickness and vomiting, but no loss of consciousness.

Treatment. Perfect rest. Take half a teaspoonful of cream tartar in half a glass of water night and morning.

SHINGLES.

A girdle, an acute inflammation of the skin. Characterized by groups of distended vesicles.

Symptoms. Severe neuralgic pain, accompanied by a burning sensation; vesicles are about the size of a pin head, and are found at the seat of pain and upon the nerve trunks. Vesicles are red inflamed patches of skin containing a yellowish fluid.

Treatment. Nux vomica, five drops in water three times a day.

ALCOHOLISM.

Treatment. Nitrate of strychnine in pill, containing $\frac{1}{120}$ of a grain, three times a day, for ten days. After meals take the following tonic:

Tincture cinchona comp., $3\frac{1}{2}$ ounces.

Gentian, $3\frac{1}{2}$ ounces.

Nux vomica, $\frac{1}{2}$ ounce.

Glycerine, $\frac{1}{2}$ ounce.

Take a teaspoonful in water after eating.

ECZEMA.

An inflammation of the skin.

Symptoms. Heat, redness, swelling, with intense itching.

Treatment. Get from your druggist the following :

Chlorate potash, two drams.

Chloride iron, one dram.

Glycerine, one ounce.

Water, to make four ounces.

Take a teaspoonful four times a day.

SUN STROKE.

A depression of the vital powers due to exposure to excessive heat.

Symptoms. Flushed face, hot surface, insensibility, labored breathing, bounding pulse, headache.

Treatment. Put the patient in a cool place, where there is plenty of air. Sponge with cold water and alcohol. Give cool

drinks. Apply ice to the head. Give aconite, two drops every two hours.

SPINAL CONGESTION.

A fullness of the vessels of the cord, due to cold and exposure, or to disease.

Symptoms. Dull pain along the spine. Tingling sensation in the legs and feet. Difficulty in walking; there is great depression, and lower limbs are numb.

Treatment. Rest in an upright position. Sponge several times a day with alcohol and water, equal parts. Give aconite, two drops in a teaspoonful of water every two hours. See that the bowels move freely every day.

Duration from a few hours to several days.

SCURVY.

Symptoms. Weakness, lassitude. Skin is dry, rough and muddy looking. Face is pale and blotched. There is swelling of the gums and the teeth become loose. Eyes

are sunken. Ankles swell, and there is great depression of spirits.

Treatment. Take a tablespoonful of the tincture of rhubarb every night, and three grains of quinine after breakfast every morning. Eat a lemon before breakfast.

NERVOUS PROSTRATION.

A derangement of the nervous system.

Symptoms. Headache, restlessness, a tired feeling. Spirits are depressed and there is much physical weakness. This is a disease of the mind as well as of the body.

Treatment. Electrical treatment every day. Tonics; beef, iron and wine. Ale and champagne alternately, five or six times a day. Ale one day and champagne the next.

GOITRE.

(Graves' Disease.)

A disease of the nerves, characterized by a protrusion of the eyeballs, an enlargement

of the glands of the neck, and an irritable heart.

Treatment. Give five drops of the tincture of strophanthus in a little water, three times a day. Patient should take electricity every day for six months.

INFANTILE SPINAL PARALYSIS.

An inflammation of the cord occurring suddenly in children.

Symptoms. Mild fever, muscular twitchings and paralysis. The arms and legs may both be affected, or the arms alone.

Treatment. Electricity.

BLEEDER'S DISEASE.

A congenital disease, characterized by hemorrhage from different parts of the body.

Symptoms. Blood may come from the nose, mouth, lungs or stomach, or from the fingers, toes or ears; this may continue for days.

Treatment. Take twenty grains of the bromide of potassium three times a day, and ten drops of the tincture chloride of iron in water three times a day.

WASTING PALSY.

A gradual wasting of the muscular system.

Symptoms. Muscular weakness, wasting and loss of power. Surface is pale and cold.

Treatment. Medicines do not reach the trouble. Give electricity and massage.

CHLOROSIS.

(Green Sickness.)

Occurs in girls. Menstrual irregularities due to a condition of the nervous system.

Symptoms. An irregularity and stoppage of the menstrual flow. Face becomes pale and waxy looking, lips and tongue colorless, patient has a tired feeling, and no appetite.

Treatment. Good food, meat, fowl, fish, eggs and milk, out door air and exercise. Take five drops of the tincture of nux vomica before meals in a little water, and ten drops of the tincture chloride of iron in water after meals.

ANÆMIA.

A deficiency of red blood corpuscles, causing pallor and weakness.

Symptoms. Patient is pale and bloodless looking, lips are colorless, appetite poor. Menses usually irregular.

Treatment. Take tincture chloride of iron, ten drops in water three times a day after meals, and five drops of the tincture of nux vomica in water three times a day before meals.

SAINT VITUS DANCE.

A disorder of the nervous system ; usually a disease of childhood.

Symptoms. Jerking of the arm, or hand, followed by twitching of the muscles of the face. Sometimes the speech is irregular, and it is impossible to hold anything in the hands.

Treatment. Electricity.

HYSTERIA.

The attacks occur always in the presence of others, and develop gradually. Patient laughs or cries, occasionally the patient passes into unconsciousness. There is twitching of the muscles and there may be convulsions.

Treatment. Show no sympathy for the patient, firmness is necessary. No medicine required. Build up the strength with good food. Electricity is helpful.

NEURITIS.

A disease of the nerve trunks.

Symptoms. Pain of a tingling character,

with muscular cramps ending in paralysis of the muscles.

Treatment. Dover's powder for pain, with hot applications externally ; curative treatment, electricity.

FACIAL PARALYSIS.

A partial paralysis of the seventh or facial nerve. Usually due to cold.

Symptoms. Begins with a tingling sensation in lips and tongue. Face is drawn and facial expression lost. Patient cannot swallow.

Treatment. Electricity.

NEURALGIA.

A disease of the nervous system.

Symptoms. A sharp darting pain.

Treatment. Morphine, pill one-sixth of a grain ; outside applications of hot alcohol

and water. For curative treatment, electricity.

EPILEPSY.

A chronic disease of the nerves due to reflex action.

Symptoms. The attack is sudden—the first warning a peculiar cry, followed by cramping of the muscles. Face is pale, there is frothing at the mouth, and the patient will bite the cheeks and tongue. The attack lasts about two minutes. Then the muscles relax and the patient passes into a deep sleep which lasts several hours. On awaking the patient seems dazed, but finally this passes off and the patient is apparently well until seized with another attack.

Treatment. Avoid pork and all fatty foods; only foods that are easily digested should be eaten. Take Peacock's bromide, a teaspoonful four times a day.

IV.

MISCELLANEOUS DISEASES AND THEIR TREATMENT.

FOR DIZZINESS AND HEADACHE.

Take a dessert spoonful of Carlsbad salts in a gobletful of hot water before breakfast.

SORE MOUTH.

Take a teaspoonful of pulverized burned alum to a glass of cold water. Wash out the mouth several times a day.

SORE THROAT AND HOARSENESS.

Get some tablets composed of Brown mixture and muriate of ammonia. Take one tablet every two hours.

FOR CONSTIPATION.

The following pill is excellent :

Aloes,	one-fifth of a grain.
Extract belladonna,	one-eighth grain.
Extract cascara sagrada,	one-half grain.
Take one pill at night.	

MUSCULAR RHEUMATISM.

Take a powder every three hours, containing five grains of salol and five grains of phenacetine.

FOR POOR APPETITE.

Get a bottle of compound syrup of hypophosphites with strychnine, and take one teaspoonful before each meal.

NIGHT SWEATS.

Have some pills made containing one fifth of a grain of agaricine, and take one every night before going to bed.

FOR INDIGESTION AND FLATULENCY.

A powder containing pepsin, two grains,
and five grains of bismuth sub-nitrate.
Take one powder after each meal.

FOR A COUGH.

Muriate of ammonia, two drams.
Brown mixture, four ounces.
Take a teaspoonful every three hours.

TO REMOVE WARTS.

Soak the wart with acetic acid, and then
apply lunar caustic.

NOSE BLEED.

Snuff cold water and witch-hazel.

FOR BURNS.

Linseed oil and lime water, equal parts, is
excellent. Cover well to exclude the air.

CONVULSIONS IN CHILDREN.

Passiflora, (passion flower) one-half tea-
spoonful every half hour in water.

IVY POISONING.

A lotion composed of the following is good.

Lead water,	one ounce.
Oxide of zinc,	two drams.
Glycerine,	one half ounce.
Rose water,	four ounces.

Apply several times a day.

SOFT CORN.

Wear a corn plaster to convert it into a hard corn, and then apply the following prepared by your druggist :

Salicylic acid,	one dram.
Chloral hydrate,	five grains.
Camphor,	five grains.
Simple cerate,	two drams.

Apply night and morning.

TO SOFTEN THE SKIN.

Use a lotion composed of the following :

Citric acid,	five grains.
Glycerine,	one ounce.
Rose water,	one ounce.

Apply at night after washing.

TONIC FOR YOUNG GIRL.

Take ten drops of the tincture chloride of iron (through a glass tube) in water after each meal.

*INFLAMED MUCOUS MEMBRANE OF NOSE
WITH STOPPAGE*

Menthol, ten grains.

Eucalyptol, ten grains.

Liquid abdolene, two ounces.

Use with a nasal atomizer every hour until relieved.

FOR MALARIA.

Take Warburg's tincture, a dessert spoonful in water night and morning.

FOR SCROFULA.

Take syrup of the iodide of iron, ten drops three times a day.

FOR EXCESSIVE PERSPIRATION.

Bathe with a warm infusion of white oak bark, several times a day.

FOR NEURALGIA.

Get some ten grain salol powders and take one every three hours.

FOR PALPITATION OF THE HEART.

The following is beneficial :

Hoffman's anodyne, one ounce.

Compound spirits of lavender, one ounce.

Take a teaspoonful in water, and repeat the dose in an hour if necessary.

FOR TREATMENT OF RINGWORM.

Apply pure sulphurous acid twice a day, (not sulphuric).

NERVOUS DYSPEPSIA.

Take five drops of the tincture of nuxvomica, in a tablespoonful of water before each meal.

FOR COATED TONGUE.

Take a pill of aloes and myrrh, every night, containing one-half grain each.

FOR BABY COLIC.

Give ten drops of the tincture of cardamon in hot water as required.

FOR FACIAL NEURALGIA.

Get some powders composed of five grains of acetanilide and three grains of monobromate of camphor, and take one powder every three hours.

BABIES' SORE MOUTH.

Wash the baby's mouth with borax and warm water before and after nursing. Five grains of borax to a glass of water.

HAY FEVER.

The following solution may be used with benefit :

Menthol,	five grains.
Eucalyptol,	five grains.
Liquid abdolene,	two ounces.
For inhalation.	

NERVOUS HEADACHE.

Have your druggist put up the following:

Citrate of caffeine, twenty-four grains.

Bromide of soda, six drams.

Elixir of guarana, three ounces.

Take a teaspoonful every three hours.

FOR BILIOUSNESS.

Take the following pill :

Podophyllin, one-fourth of a grain.

Calocynth, two grains.

Take one pill at bedtime.

SCROFULOUS SWELLINGS.

Get a bottle containing equal parts of cod liver oil and lacto phosphate of lime, and give a tablespoonful after each meal. Should this disagree with the stomach, give ten drops of syrup of the iodide of iron three times a day.

PRICKLY HEAT.

A soda bath once or twice a day, with the

liberal use of carbolated talcum powder is beneficial.

FOR INDIGESTION.

Take the following tonic :

Tincture cinchona comp.,	3½ ounces.
Gentian,	3½ ounces.
Nux vomica,	half an ounce.
Glycerine,	half an ounce.

Teaspoonful in water after eating.

BARBER'S ITCH.

Apply externally, twice a day, pure sulphurous acid.

FOR CONSTIPATION.

Take a glass of Villacabras water before breakfast.

INFLAMMATION OF THE EYES.

Boracic acid,	ten grains.
Camphor water,	one ounce.
Rose water,	one ounce.

Bathe the eyes several times a day.

ACUTE INDIGESTION.

Take two grains of pure pepsin powder after each meal.

NIGHT SWEATS.

Take ten drops of aromatic sulphuric acid in water at bedtime.

FOR NERVOUSNESS.

Take a teaspoonful of the compound spirits of lavender in water. This may be repeated if necessary every three hours.

CATARRHAL COUGH.

Have your druggist prepare the following :

Muriate of ammonia,	three drams.
Extract of licorice,	two drams.
Freshly powdered cubebs,	two drams.
Paregoric,	four drams.
Syrup of wild cherry bark to make,	
	four ounces.

Take a teaspoonful every three hours.

FOR COLD AND SORE THROAT.

Take a one grain pill of aloes and a Dover's powder. Repeat second and third night if necessary.

CHRONIC CATARRH.

Take half a teaspoonful of the tincture of lobelia in a tablespoonful of water three times a day.

HOW TO GIVE A SWEAT.

Boil a peck of potatoes with the coats on. Divide and put into six bags made for the purpose. Then place about the patient and let remain for two hours.

HICCOUGH.

Give tincture of gelsemium, one-half teaspoonful every half hour until patient finds relief.

ITCHING PILES.

Bathe often with eau de cologne.

INFLAMMATORY RHEUMATISM.

Take ten drops of wintergreen oil in capsules, every three hours, until swelling goes down and pain is relieved.

HEART BURN.

Take ten grains of bicarbonate of soda in a glass of water.

FOR SOUR BREATH.

Take a teaspoonful of lime water three times a day.

TO REDUCE FLESH.

Take a teaspoonful of the fluid extract of sea-wrack in water three times a day, and gradually increase the dose until four teaspoonfuls are taken at each dose.

FOR WHOOPING COUGH,

Muriate of ammonia, two drams.

Brown mixture, U. S. P., two ounces.

Syrup wild cherry, two ounces.

Take a teaspoonful every three hours.

PERSISTENT HEADACHE.

Take a ten grain powder of acetanilid every three hours.

FOR LA GRIPPE.

Aconite,	twelve drops.
Belladonna.	five drops.
Ipecac,	two grains.
Water to make,	four ounces.

Take a teaspoonful every hour.

FOR PARALYSIS.

Bromide of potassium,	ten grains.
Tincture capsicum,	ten drops.
Water,	four ounces.

Take a teaspoonful every hour.

EAR ACHE,

A mixture composed of equal parts of laudanum and sweet oil is beneficial. Drop into the ear as required.

FOR CRAMPS IN THE LEGS.

Bathe in hot alcohol and water.

FOR URIC ACID.

Take several glasses of Lithia water every day for a month.

FOR STYES.

Take a sulphide of calcium pill, containing one-fifth of a grain, three times a day. Also take a dessert spoonful of Rochelle salts in a glass of water before breakfast several times a week.

FOR YELLOW SKIN.

Take a small teaspoonful of phosphate of soda, in a glass of water three times a day.

CONGESTIVE HEADACHE.

Take a dose of the citrate of magnesia when you feel the approach of an attack.

CHILBLAINS.

The following preparation is excellent.

Carbolic acid, one-half dram.

Tannin, one-half dram.

Iodine, thirty drops.

Simple cerate, two ounces.

Apply three times a day.

FOR GENERAL DEBILITY.

Take a dessert spoonful of the ferrated elixir of gentian before each meal.

FOR CHRONIC BRONCHITIS.

Take a dessert spoonful of the wine of tar, three times a day.

TO REMOVE FRECKLES.

Have your druggist prepare the following:

Alum, one ounce.

Lemon juice, one ounce.

Rose water, one pint.

Apply at night.

MOLES.

Moisten a stick of nitrate of silver and touch the mole. It will turn black and sore, but will soon dry up and fall off.

HARD CORNS.

Bind on a soft rag saturated with linseed oil. Repeat night and morning until the

corn can be removed easily, and without pain. This also works well with soft corns.

TO PREVENT HAIR FROM FALLING OUT.

Use the following :

Spirit of rosemary, two drams.

Tincture Spanish fly, one dram.

Glycerine, one-half ounce.

Cologne water, four ounces.

Apply three times a week.

FOR CONSTIPATION IN BABIES.

Give a teaspoonful of fig syrup, and repeat as necessary.

FOR INUNCTION OF THE BODY.

The oil of lanoline is best.

DIARRHŒA IN BABIES.

Barley water will correct the trouble. Give a dessert spoonful of castor oil to clear the bowel, and use the barley water according to the rule in this book.

TO PURIFY THE BLOOD.

Get from your druggist some Rochelle salts and cream of tartar. Take one-half teaspoonful of cream tartar, and one teaspoonful of Rochelle salts in water every morning for a week.

QUINSY SORE THROAT.

Use the following in form of a gargle :

Oil of peppermint, ten drops.

Carbolic acid, (pure), one dram.

Alcohol, three drams.

Add ten drops of this solution to a cup of hot water and use as a gargle, several times a day. Take ten drops of the tincture of iron in water three times a day (through a glass tube).

FOR SLEEPLESSNESS.

Take ten grains of powdered sulphonal in a little hot water at bedtime.

TO MAKE LIME WATER.

Take a piece of unslaked lime about the

size of a walnut, and put it into two quarts of water which has been boiled ; after shaking well and allowed to settle, it is ready for use.

FOR FEVER BLISTERS.

Use camphor ice.

TO CURE A COLD.

Take ten grains of quinine and a bowl of hot lemonade. Roll up in a flannel blanket and go to bed.

PRICKLY HEAT.

A soda bath twice a day followed by using starch powder is excellent.

FOR SCALY SCALP.

Apply the following once a day:

Tannin, one dram.

Cold cream, one ounce.

Also shampoo the scalp with tar soap once a week.

FOR BELCHING OF GAS.

Take five grains of the subgallate of bismuth after each meal.

FOR TENDER FEET.

Bathe in hot water at night and rub dry. Then rub with alcohol and dust with starch powder.

FOR LUMBAGO.

Bathe in alcohol and rub for half an hour at night.

TONIC FOR A CHILD

Give a teaspoonful of elixir of calisaya and iron, before eating.

FOR CONSTIPATION OF LONG STANDING.

Ask your druggist for some pills of aloin, strychnine and belladonna and take one pill at night.

FOR THE DRINK APPETITE.

Take thirty drops of the concentrated

tincture of avena sativa in hot water whenever the need of a stimulant is felt.

SORE AND BLEEDING GUMS.

Rub the gums with tincture of myrrh several times a day.

TO PREVENT NAUSEA.

Take two drops of tincture of nux vomica in about a teaspoonful of water every half hour.

TO BREAK UP ANY FEVER.

Take a wineglassful of scullcap tea every two hours. As long as this is in the system fever cannot develop.

FOR CATARRH.

Use oil of eucalyptus. Put a few drops on the handkerchief and inhale. At end of three months patient will be much better.

PRURITUS VULVÆ.

Whiskey, four ounces.

Quinine, one dram.

Bathe the parts with this mixture and then apply vaseline.

FOR HIVES IN CHILDREN.

Give a teaspoonful of the aromatic syrup of rhubarb and repeat the dose every three hours.

FOR INCONTINENCE OF URINE.

Take four grains of lithium salts every four hours, in half a glass of water.

NERVOUS HEADACHE.

A most excellent remedy is the fluid extract of guarana. Take one half teaspoonful every two hours.

TO PREVENT BITING THE NAILS.

Rub them with the tincture of aloes.

HAIR TONIC.

Tincture of cantharides,	one ounce.
Spirit of rosemary,	two drams.

Glycerine, one-half ounce.
Cologne water, four ounces.
Apply two or three times a week.

ITCHING OF THE SKIN.

Bathe in soda water and when dry dust with carbolated talcum powder.

FOR CHOLERA MORBUS.

Laudanum,	two drams.
Tincture cayenne pepper,	one dram.
Spirits of camphor,	two drams.
Essence of peppermint,	two drams.
Rheubarb to make	two ounces.
Take half a teaspoonful every hour.	

ECZEMA OF THE SCALP.

Tannin, one dram.
Vaseline, one ounce.
Apply once a day.

SHOOTING PAINS IN THE CHEST.

Take three grains of salol every three hours until relieved.

TO MAKE A GOOD TOOTH POWDER.

Precipitated chalk,	one ounce.
Powdered orris root,	one ounce.
Powdered Peruvian bark,	one ounce.
Oil of wintergreen,	five drops.

FOR PAIN IN THE CHEST.

Paint with iodine three times a week.

TO IMPROVE THE CIRCULATION.

Take five drops of the tincture of lobelia in a little water every three hours.

PIMPLES.

The treatment must be constitutional.

Take a course of sulphur and cream-tar-tar. Sulphur, a dessert spoonful. Cream-tartar, half a teaspoonful, mix and take in molasses in the morning before breakfast for a week.

FAINTING.

Lower the head by laying the person

down so that blood may get to the brain. Fresh air also is necessary. If unconsciousness be prolonged, place a mustard paste over the heart.

FOR DRY AND TIGHT COUGH.

Have your druggist prepare the following.

Muriate of ammonia,	two drams.
Tincture of henbane,	two drams.
Brown mixture,	one ounce.
Syrup of wild cherry,	three ounces.

Take one teaspoonful every three hours.

FOR DRY COATED TONGUE.

Take a tablespoonful of tincture of rhubarb at night.

FOR VARICOSE VEINS.

Apply menthol several times a day, then bandage and keep the feet raised from the floor. After three or four days the patient will be much improved.

TO WHITEN THE SKIN.

Apply pure peroxide of hydrogen, once a day:

GRANULATED EYELIDS.

Use the following lotion several times a day.

Boric acid,	ten grains.
Camphor water,	two drams.
Rose water,	two ounces.

LAME BACK.

Rub with wintergreen oil and apply a belladonna plaster.

TO CLEAR THE SYSTEM OF BOILS.

Get some compound syrup of hypophosphites, and take a teaspoonful after eating.

FOR DRY ECZEMA.

Use an ointment composed of tar and zinc, equal parts. Apply at night and in the morning.

FOR SCIATICA.

Get some powders composed of five grains of phenacetine, and half a grain of citrate of caffeine, and take one every three hours.

BABIES' WIND COLIC.

Spirits of camphor, fifteen drops to a glass of water. Give a teaspoonful every fifteen minutes.

RING WORM OF THE SCALP.

Have the hair cut short, wash the scalp with green soap and warm water. Then apply pure sulphurous (not sulphuric) acid twice a day.

TO REMOVE TARTAR FROM THE TEETH.

Use a good stiff brush and a powder containing pumice stone.

MOTH PATCHES

To remove moth patches wash them with a solution of common bicarbonate of soda and water several times during the day for

two days, or until the patches are removed, which will usually be in forty-eight hours.

FOR NERVOUS PALPITATION OF THE HEART.

Hofman's anodyne, one ounce.
Compound tincture of lavender, one ounce.
Teaspoonful every two hours.

FOR LARYNGITIS.

Aconite, ten drops.
Water, four ounces.
Take a teaspoonful every hour.

SALT RHEUM.

The following mixture is of benefit.
Rhubarb, two drams.
Bicarbonate of soda, three drams.
Peppermint water, four ounces.
Take a teaspoonful every two hours.

TO REMOVE CALLOUS SPOTS.

Apply the following ointment at night.
Salicylic acid, thirty grains.
Simple ointment, two drams.

Nux vomica, one-half ounce.
Glycerine, one-half ounce.

Take a teaspoonful in water after eating.

A TONIC AND LAXATIVE PILL.

Quinine, one grain.
Extract of belladonna, one-tenth of a grain.
Compound extract of colocynth, two grains.

Take one pill three times a day after eating.

NERVE TONIC.

The following pill is excellent :

Phosphorous, one-sixtieth of a grain.
Nux vomica, one-fourth of a grain.

Take one pill three times a day.

FOR MELANCHOLIA AND NERVOUSNESS.

Have your druggist prepare the following pill :

Reduced iron, one grain.
Quinine, one grain.
Oxide zinc, one grain.

Take one pill three times a day for two weeks.

FOR PRICKLY HEAT.

Boracic acid, two drams.

Hydrastis, three ounces.

Hammelis, three ounces.

Apply externally as needed.

TO REMOVE MOTH BLOTCHES.

Corrosive sublimate, ten grains.

Muriate of ammonia, thirty grains

Almond mixture, four ounces.

Apply externally with a sponge at night.

SURGERY.

ABSCESS.

A collection of pus surrounded by a wall.

Symptoms. Throbbing pain, swelling, color darker than surrounding parts, inflammation and pressure.

Treatment. Endeavor to abort or break up by flaxseed poultices. If this fails, go to a surgeon and have it opened and cleaned out.

BED SORES.

A bed sore is an ulcer, due to pressure.

Treatment. Poultice with charcoal poultices, wash and keep clean, relieve the parts from pressure by pads and pillows.

To prevent bedsores bathe the back twice a day in alcohol and water—equal parts.

BOILS.

(Furuncle.)

A circumscribed inflammation of the skin, terminating in suppuration and the formation of a central slough or core. Begins as a pimple, usually with a hair in the centre; remove this hair and poultice at night. If it has a core, when the right time comes remove it.

CARBUNCLE.

An inflammation of the skin involving a much larger surface than a boil.

Symptoms. A dark, dusky red, flattened surface, circular in shape, and riddled with apertures through which a gray slough can be seen. A very painful swelling, usually found on the neck and back.

Treatment. Must have the attention of a surgeon.

SHOCK.

A lowering of the vital powers consequent on profound mental or physical impressions. A kind of paralysis, affecting the heart and abdominal vessels.

Symptoms. Very small slow pulse, surface cold, pale and wet, muscles relaxed, patient is unconscious.

Treatment. Heat, place hot bottles about the patient. Give hot drinks, spirits, coffee, beef-tea.

TETANUS.

A spasm of the voluntary muscles caused by cold, damp, or sudden change in the weather.

Symptoms. A slight stiffness of the muscles of the neck and jaw, with pain, also may be pain in the chest and back.

Treatment. Call in a surgeon.

STINGS AND BITES.

Externally apply ammonia. Give stimulants, ammonia, brandy or whiskey.

TO STOP BLEEDING.

If in arm or leg tie a handkerchief around tight above the wound. If on other parts apply flour freely to staunch the flow, then bind up, if a small cut ; if large send for a surgeon as stiches may have to be taken.

BUNIONS.

Apply a mixture of aconite and iodine, equal parts, morning and night. Apply with a soft brush.

BURNS.

Apply a milk compress, and keep it wet, then cover well to exclude the air.

FROST BITE.

Caused by sudden changes in temperature,

Symptoms. Pain and swelling.

Treatment. Restore the circulation gradually by rubbing with snow and cold water. Continue these applications until the blood circulates freely, then apply carbolic ointment, and wrap up in cotton-batting.

TO REDUCE INFLAMMATION.

Bathe the part, for half an hour, in hot water. There is nothing better. Then paint with the tincture of iodine.

HEMORRHOIDS.

(Piles.)

Bathe twice a day with very hot water, containing a tablespoonful of borax. Then apply carbolic ointment.

SPRAIN.

Bathe the part in hot water for an hour, then bandage tightly, and let remain for two or three days. If painful keep the bandage wet with arnica.

TUMORS.

Tumors are new growths, due to increased nourishment of the part, and must be removed by a surgeon.

TO CURE A FELON.

If you have the appearance of a felon coming, immerse the end of the sore finger in hard wood ashes wet with hot water. Keep the finger in for an hour twice a day. If taken in time it will abort.

RELIEF FOR INFLAMED FEET.

Avoid wearing tight shoes. Give the feet a bran and saleratus bath every night for a week. Use an ounce of saleratus and one pint of wheat bran to a pail of warm water; cure will be complete in a week.

BURSA SWELLING.

Enlargement and swelling of the knee joint, with pain and fever.

Treatment. Rub the knee for half an hour night and morning with wintergreen oil, then bandage with a rubber bandage.

CANCER.

A new growth, cause unknown, treatment unsatisfactory. If practicable, have it removed.

INGROWING NAILS.

Loosen up the skin at the sides of the nail. Bathe the foot for half an hour in very hot water. Then draw in under the sides of the nail, some shreds of lint, after trimming off the corners. Then cut a letter V in the centre of the nail.

INCONTINENCE OF URINE.

Take a sponge bath night and morning in luke warm water. Give five drops of the tincture of belladonna, in water, three times a day.

CYSTITIS.

(Inflammation of the Bladder.)

Cause, may be due to some injury.

Symptoms. Burning, pain, tenderness over region of bladder, urine scanty, and high colored.

Treatment. Rest, milk diet, Vichy water to drink and poultices over the pubic region. Aconite, two drops in water every two hours.

INFLAMMATION OF THE BOWELS.

Apply flaxseed poultices externally. Give aconite, one drop in water every two hours and *verratrum viride*, five drops every two hours. Absolute rest is necessary.

SEBACEOUS CYST.

(Men.)

Comes on top of the head, face or back. Growth is slow. They may occur singly, or in groups. In size they vary from a walnut

to a hen's egg and may be soft or hard and are painless. Each tumor contains a sac, and unless this is removed it will soon come again.

Treatment. Open the sac, remove the cheesy matter, and then remove the sac itself.

TUMOR OF THE BRAIN.

A new growth in the brain tissue, or in the blood vessels. Cause, injury to the head, or it may be hereditary.

Symptoms. Headache, blindness, loss of hearing, dizziness, nausea and vomiting and possibly convulsions.

Treatment. Only hope, a surgical operation.

SUPPURATION OF EAR.

Peroxide of hydrogen, two drops to a glass of water. Wash out the ear. Dry with absorbent cotton, then dust in boracic acid.

ABSCESS OF THE BRAIN.

An acute inflammation of the brain structure.

Symptoms. Headache, fever, paralysis and convulsions.

Treatment. The only curative treatment is an operation to remove the pus.

DISEASES OF WOMEN.

Most of the diseases of women arise from irregularities in menstruation,—or are due to leucorrhœa, amenorrhœa, dysmenorrhœa and menorrhagia.

THE MENSES.

Every twenty-eight days each healthy woman has what she usually calls her “courses.” This consists of a discharge from the womb of a muco-sanguineous fluid, varying in amount in different women, and lasting usually from two to five days. This flow is known to physicians as menstruation or catamenia, but most women speak of it as their “monthlies,” “periods,” “menses,” “courses” or “flows.” In temperate regions healthy girls begin to men-

struate about the fifteenth year and the flow should recur regularly every twenty-eight days for about thirty years.

CAUSES OF MENSTRUATION.

It is known that every twenty-eight days the ovaries develop a ripe ovum, or egg, which is fit for impregnation, and at these periods the whole pelvic region is subject to a congestion or overflow of blood—caused by the irritation of the ovum, pressing on the tissues of the ovary—and that finally this ovum is discharged through the fallopian tubes into the uterus, accompanied by a flow of blood from the lining membrane of the womb, thus relieving the congestion. Women can predict that their menses are about to appear by a feeling of fullness in the abdomen.

DISORDERS OF MENSTRUATION.

The function of menstruation being a natural one, should be devoid of all pain and suffering, but unfortunately such is rather

the exception than the rule, so commonly is it accompanied by annoying disorders, such as headache, or pain in the small of the back and groins. There are, however a number of disorders of menstruation so severe as to be constantly brought to the physician's attention. They are classed under three general heads as follows:

Amenorrhœa—Absence of menstruation.

Dysmenorrhœa—Painful menstruation.

Menorrhagia—Excessive menstruation.

AMENORRHŒA.

This condition is divided into two distinct classes: First, absence of menstruation in girls that have never menstruated; and second, suppressed menstruation, where the flow, after having been established, ceases to appear at its regular time.

Non-appearance of the menses may be due: First, to an inactive condition of the generative organs. Second, as a result of an anæmic condition of the system. Third, very rarely, to malformation of the organs.

In the first place, the girl has reached the menstrual period, but the menses do not appear. She feels, periodically, an aching sensation in the groins and the small of the back, is subject to severe, throbbing headaches and depression of spirits, languor, uneasiness, and, usually, derangement of the stomach and bowels.

In these cases the treatment should be mostly hygienic. The patient should take plenty of out-door exercise, such as walks in the open air, rides, dancing, etc. The bowels should be kept open by mild laxatives.

To promote activity of the generative organs, give viburnum compound, a teaspoonful three times a day, a week before the period is expected.

CHLOROSIS.

Non-appearance of the menses is frequently the result of a disease of the general system called chlorosis. It is owing to anæmia, the result of deficient nutrition. It

is characterized by a deficiency of the red corpuscles in the blood, or by a perversion of the quality of the blood itself. Girls afflicted with this disease can be singled out by their sallow complexion. They are languid, easily fatigued, and are usually melancholy. The appetite is poor and bowels constipated. It is useless to try to establish the menses until the blood and digestive derangements are corrected. The patient should have plenty of out-door air and exercise, riding, walking, rowing, etc. Take a hot sitz bath every night and have your druggist prepare the following:

Elixir calisaya, four ounces.

Citrate of iron, four ounces.

Take a teaspoonful after eating three times a day.

SUPPRESSED MENSTRUATION.

This form of amenorrhœa is the most frequent, the term being applied to cases where the menses once having appeared, are stopped from any cause. It is generally due

to taking cold during the menstrual period. The patient is generally affected with severe headaches, accompanied by fever. Often there is inflammation of the womb, or other abdominal organs.

Treatment. Take a sitz bath (hot) every day and have your druggist prepare the following pills:

Caulop hyllum, twenty grains.

Citrate of iron, forty grains.

Make forty pills. Take one pill three times a day until menses appear.

DYSMENORRHŒA.

Many women never pass the menstrual period without pain, more or less distressing. When these pains are slight and of short duration they usually do not cause uneasiness, and are not brought to the physician's attention. When severe, the condition is termed dysmenorrhœa, signifying painful menstruation. The most commonly severe form is neuralgia, and usually occurs in

women of a nervous temperament. The patient shortly before or during the menstrual period is distressed by sharp pains about the womb, radiating therefrom to the small of the back and down the thighs.

Treatment. A hot sitz bath and a Dover's powder, will ease the pain for the time. For permanent treatment and cure get from your druggist a bottle of "Lloyd's Leontin," and take ten drops in a teaspoonful of water every three hours. This will cure the most severe cases. This same remedy is also effective in suppressed menstruation.

SIGNS OF PREGNANCY.

First.—Stoppage of the monthly flow in a person who has been regular.

Second.—Morning sickness begins early in the second month. Also headache, dizziness and melancholia.

Third.—Enlargement of the breasts beginning about the third month. Also pain,

Fourth.—Quickening (motion) begins about the fifth month.

DATE OF CONFINEMENT.

To find the date of the confinement count nine months ahead from the day the last monthly flow began, then add to this seven days and you have the date of the confinement.

MANAGEMENT OF PREGNANCY.

Regularity of habits, good food, air and exercise is all that is necessary for the first seven months.

From this time on the bowels will need attention. Take half a teaspoonful of cream of tartar in a wine glass of cold water before going to bed. Should vomiting be present it is difficult to control. Ice, lime water and barley water are good, but there is no curative treatment for this trouble.

ACCIDENTS OF PREGNANCY.

A discharge of blood from the womb de-

notes miscarriage, and is known as uterine hemorrhage.

This may occur at any time. Patient should go to bed and keep the feet elevated. Absolute quiet is necessary.

Give enemas of very hot water every hour until the flow stops. Small doses of whiskey may be given in *cold water*.

The patient should not leave her bed so long as there is the least sign of blood to be seen.

SIGNS OF APPROACHING LABOR.

The sinking, or the settling of the child, and swelling of the lower limbs.

During the last two weeks of pregnancy a woman is apt to suffer with false pains.

They are irregular and are located in the abdomen and follow the nerves of the legs.

LABOR PAINS.

True pains start in the back, come forward to the abdomen and extend down the thighs. A strong pain is usually followed by one or two weak ones,

True pains gradually increase in strength and come nearer together until they follow each other in rapid succession.

A sign that labor is coming on is known as the "show," a discharge of mucus tinged with blood.

AFTER LABOR.

All soiled clothing should be removed, the patient bathed, and the bandage put on. Then a cup of warm milk or gruel should be given.

A hot water douche should be given within twelve hours after labor.

"A tablespoonful of borax to two quarts of water." Patient should remain in bed nine days.

ARTICLES NECESSARY FOR THE BABY.

Three or four pieces of linen bobbin, about eight inches long.

A pair of scissors.

Large and small safety pins.

Several squares of soft linen for washing out eyes and mouth.

A soft hair brush.
A box of powder and a puff.
Bottle of vaseline.
Some soft towels.
A suit of clothes.
A woolen blanket.

ARTICLES NECESSARY FOR THE MOTHER.

Half a dozen suits of underclothing.
A fountain syringe.
Three or four abdominal bandages.
Two dozen towels.
A square of thin oilcloth to protect the bed.

FOR INFLAMMATION OF THE BREASTS.

Get a ten per cent. belladonna ointment and apply night and morning.

LEUCORRHÆA.

Syringe night and morning with two quarts of hot water, to which has been added a tablespoonful of borax.

INFLAMMATION OF THE OVARIES.

If ovaries are inflamed there is tenderness and pain.

Treatment. Paint with tinct. of iodine three times a week and wear a bandage. This will act as a support.

INFLAMMATION OF THE VAGINA.

Syringe with hot alum water night and morning (a teaspoonful of pulverized burned alum to a quart of water). Paint twice a week with iodine.

DIET FOR THE SICK.

Milk Toast is made by toasting slices of bread before the fire. Then butter, and add a little salt, pour hot milk over it, enough to cover.

Cracker Toast may be made in the same way, do not forget the salt.

Picked Codfish. Pick up fine some salt codfish, pour on boiling water, three or four times, in order to freshen it. Then add a little pepper and butter.

Smoked Salmon may be prepared in the same way, only do not get it too fresh.

Beef Essence. Get two pounds of tender, round beefsteak, carefully trim off every

atom of fat and cut the meat up in small pieces, about half an inch square. Put it in a clean glass jar, such as is used for putting up fruit and lightly screw on the top. Put a handful of nails in the bottom of a deep sauce pan, with water within three or four inches of the top of the jar. Let it boil for an hour and a half, and then remove the jar from the sauce pan. Pour the juice out and season with a little salt and pepper. This essence is not only extremely nourishing but very nice. Keep in a cool place.

Chicken Broth. Prepare and wash carefully a full grown chicken. Put over the fire in a pot containing two quarts of water. Cook until the flesh can be removed easily from the bone. Should the water boil away add more and keep the quantity up to about two quarts. Take off all the fat, then add some salt and a little pepper. Set in a cool place and it is ready for use.

Baked Tomatoes. Peel a raw tomato by pouring boiling water over it. After remov-

ing the skin, cut the tomato in two. Remove the inside and add to this cracker crumbs, and a little salt, pepper and butter the size of a walnut. Then put back, sew up, and bake for half an hour in a hot oven. This is a delicious dish.

Moist Butter Toast. Toast a slice of bread until brown. Then pour some hot water over it and drain off as quickly as possible, add butter, and a very little salt. Serve hot.

Leibig's Beef Extract. Add to a cup of hot water a small teaspoonful of the beef extract. When dissolved, add a little salt and pepper.

Poached Eggs. To poach an egg drop it into a dish of water just below the boiling point. Let it remain about two minutes, then add a little salt and serve on toast.

Koumiss. This is a most desirable drink for the sick room. It is made by taking

new fresh milk. To a quart of milk add one-tenth of a compressed yeast cake, put into a clean bottle and cork tight. Let stand for three days in a dark, cool place, when it is ready to use. A champagne cork is necessary to avoid having it fly.

Raw Eggs. These may be given in wine, or milk, when the patient will bear them. Take whole if possible ; if not, beat up.

Baked Apples Baked apples served with sugar and cream, is a standard dish for the sick. They are easily digested, a laxative and very nourishing.

Oat Meal Gruel. Add one teacup of oat meal to two quarts of boiling water, slightly salted. Let it cook for two hours and a half and then strain through a sieve. When cold, add to one gill of the gruel one gill of fresh milk, and a little sugar: to this quantity add one pint of boiling water and it is ready for use.

Scotch Broth. Take a pint of water and two tablespoonfuls of oatmeal, cook for half an hour, then add salt and serve hot.

Roast Oysters. Select some nice large oysters. Put on the coals, after washing, and cook until the shells burst open. Serve on the half shell.

Clam Broth. Take hard or soft shell clams, wash them clean, put in a kettle and add half a pint of water; boil until the shells open, drain off the liquor, put in a cool place and serve as needed.

Beef Juice. Take a thick slice of juicy beef without fat, boil it a couple of minutes, long enough to heat it throughout, cut up into pieces, and with a lemon squeezer press out all the juice into a bowl, add a little salt and remove all the fat. Give half a wine glass full at a time.

Beef Broth. This may be made by cooking two pounds of lean round steak, in two

quarts of water, until tender, carefully take off every particle of fat, add salt and pepper, place in a porcelain dish, and keep in a cool place.

Oatmeal Porridge. Take one quart of boiling water and add a little salt. Then stir in slowly a cup of oatmeal. Boil forty minutes, stirring now and then.

Plain Custard. This may be made with a pint of milk, two eggs and a tablespoonful of sugar. Beat the eggs and sugar together, put them in a porcelain dish. Then pour on the milk and cook in the oven for about twenty minutes.

Mutton Broth. This is made the same as beef broth. Be careful that no fat remains.

Oysters, Raw. Wash and open some perfectly fresh oysters. Serve on the half shell.

Eggnog. Beat up an egg, and add a pint of milk and a tablespoonful of brandy, also a little nutmeg.

Milk Punch. To a glass of fresh, new milk add half a teaspoonful of sugar and a tablespoonful of brandy or whiskey.

Egg Cordial. Take one tablespoonful of milk, the white of a fresh egg, and a tablespoonful of brandy. Whip the egg nearly to a froth, then add the milk and whip both together. Add the brandy by degrees and mix well. This is exceedingly nourishing.

Thickened Milk. Take a pint of milk and a heaping tablespoonful of flour; add salt; rub the flour smooth with three tablespoonfuls of cold milk. Stir this into the pint of milk heated to the boiling point, and let it simmer for five minutes. Add a little sugar and it is ready for use.

Barley Water. Take a tablespoonful of Robinson's barley flour; wet it gradually with half a gill of cold water; stir into one gill of boiling water; add a little salt. Let it cook over the fire for five minutes, stirring it slowly, then add half a gill of hot milk.

Let it again come to a boil, then take it off the fire; stir in a teaspoonful of sugar and it is ready to serve.

Unfermented Grape Juice. This is made by taking grapes thoroughly ripe and fresh from the vine. Allow one quart of water to three quarts of grapes. Use no sugar; put over the fire and let come to a boil. When the whole mass is boiling hot strain the juice through a cheese cloth. Then return the liquor to the fire and as soon as it is at the boiling point again, can it. The less the juice is cooked the brighter it will be. Use silver spoons and put up in clean glass cans. Keep in a dark cool place.

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